

Transgender Participation in Sports

What Research Tells Us

- Transgender people experience higher rates of anxiety and depression due to systemic discrimination and social stigma¹
- No evidence supports the idea that trans-inclusive policies harm cisgender athletes^{2,3}
- Policies that exclude transgender youth harm transgender youth and young adults^{4,5}
- Transgender and gender diverse youth in MN are less likely to participate in sports than their cisgender peers⁷
- Lack of inclusive policies is the primary barrier to sports participation for transgender people⁸
- Sports participation has been linked to improved mental health and self-esteem^{8,9,10}
- There is no consistent evidence that transgender women have a biological advantage in sports¹¹
- Social factors such training, nutrition, and access to equipment are far more likely to predict athletic performance than biology¹¹

What We Don't Know From Research

- The long-term impact on mental health due to the increase in trans-exclusionary legislation
- How trans-exclusionary legislation will affect existing health disparities between transgender and cisgender people
- Whether the threat of future legislation is already limiting sports participation of transgender Minnesotans
- How the threat of removing federal funding will impact future research of transgender people

What Minnesota is Doing

- Minnesota was the first state to ban discrimination against transgender people in 1993, after passing the Human Rights Act
- Minnesota State High School League has allowed transgender students to participate in sports consistent with their gender identity
- For over a decade, Minnesota has also had the highest percentage of girls' sports participation in the country

Call to Action

- Fund research that seeks to better understand the experiences of transgender people in MN
- Support women's athletics by removing social barriers to participation

Staff and Sources

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Sources

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